



## HIV / AIDS **AND AGING:** WHAT MARYLANDERS NEED TO KNOW!

Department of Health and Mental Hygiene, Prevention and Health Promotion Administration, Infectious Disease Prevention and Health Services Bureau - National HIV/AIDS and Aging Awareness Day - Special Edition Fact Sheet 2015

### National HIV/AIDS and Aging Awareness Day (NHAAAD) September 18, 2015



Maryland's Department of Health and Mental Hygiene (DHMH) National HIV/AIDS and Aging Awareness Day (NHAAAD) is on September 18, 2015. The DHMH Infectious Disease Prevention and Health Services Bureau (IDPHSB) is pleased to work alongside organizations that assist People Living With HIV/AIDS (PLWHAs), people who are aging with HIV, and people who were already over 50 at the time of their initial diagnosis.

Although many baby boomers have been diagnosed with HIV (the virus that causes AIDS), The Centers for Disease Control and Prevention (CDC) indicates that physicians may miss diagnosing AIDS because some symptoms such as fatigue, weight loss, and mental confusion can mimic those of normal aging. (IDPHSB) encourages organizations and community members to get the facts about HIV/AIDS and aging; and develop, participate in and implement local HIV/AIDS awareness activities and events



#### Here Are The Facts

1.2 million Americans are living with HIV, the virus that causes AIDS, in the United States. 30,306 Marylanders were diagnosed and living with HIV or AIDS as reported through December 2014. Approximately 4,200 Marylanders who have HIV are undiagnosed and do not know they have HIV. Of the 30,306 total living HIV adult/adolescent cases (with or without AIDS) in Maryland, 43.8% (13,260) of those were 50 years and older as reported through December 31, 2014.



The percent of adult/adolescent HIV cases among those 50 and older by age at HIV in Maryland diagnosis, increased from 6.4% in 1985 to 21.4%. HIV positive individuals are living longer due to advanced Antiretroviral Therapy (ART) used to treat people with HIV including those who are 50 years of age and older.

National HIV/AIDS and Aging Awareness Day focuses on the issues facing the aging population with regards to HIV prevention, testing, care, and treatment. People who are tested and treated early live longer than those who do not receive treatment.

A growing number of older people have HIV. In Maryland, 43.1% of people living with HIV are age 50 and older and hundreds of older people get diagnosed with HIV every year.

Care and support for older people with HIV is of particular concern because they may already face isolation due to illness or loss of family and friends. Health care providers may not always test older people for HIV infection, and older people may mistake HIV symptoms for those of normal aging.

### **Centers for Disease Control and Prevention (CDC) Recommendations:**

- + Health care providers should test all adults and adolescents up to age 65.
- + Older adults living with HIV are encouraged to reach out to service providers for the care and support they deserve.
- + If you know you are infected, you can take steps to protect your partners. If you are infected, the sooner you find out, the sooner you can receive life-extending treatment.
- + Since other STDs can play a role in the acquisition of HIV, knowing whether you are infected with other STDs is critical in reducing your risk for infection.
- + People who test positive for the virus should not be afraid to get into care. Individuals who adhere to antiretroviral medications that reduce the replication of HIV and prevent the virus from spreading can live longer, healthier lives.
- + Pre-exposure HIV prophylaxis (PrEP) is an HIV prevention method in which people that do not have HIV take a daily pill to reduce their risk of becoming infected. PrEP is being used among sexually active adults including uninfected men who have sex with men (MSM), transgender women, and couples where one partner is HIV infected and the other is not infected.





# NATIONAL HIV & AGING AWARENESS DAY

# FREE HEP C SCREENING

## BALTIMORE CITY HEALTH DEPARTMENT DIVISIONS OF AGING & POPULATION HEALTH

In collaboration with Older Women Embracing Life (OWEL), Department of Health and Mental Hygiene Prevention and Health Promotion Administration, Johns Hopkins AIDS Education and Training Center (AETC) and The National AIDS Institute.

### ● FREE HEP C screening available ●

Sandtown-Winchester	Thursday, 9/10	10:30 -2:30
Greenmount	Thursday, 9/10	10:00-12:00
Senior Network	Friday, 9/11	1:00 -2:30
Bernard E. Mason	Monday, 9/14	10:00-1:00
Zeta Senior Center	Tuesday, 9/15	9 :00- 1:00
Harford Senior Center	Tuesday, 9/15	10:30 -12:30
Lakeview Towers	Tuesday, 9/15	1:00-3:00
Monument East	Wednesday, 9/16	12:00-3:00
Penn North	Wednesday, 9/16	10:00-1:00 (TBA)

Hatton Senior Center	Thursday, 9/17	10:00 -11:30
Basilica Place	Friday, 9/18	10:00-1:00
John Booth Center	Tuesday, 9/22	10:00 -1:00
Waxter Center	Wednesday, 9/23	9:00- 3:30
Allen Senior Center	Monday, 9/28	10:30 -12:00
Oliver Senior Center	Monday, 9/28	9:30 -11:30
Ellerslie	Tuesday, 9/29	1:00-3:00
AIM/Keswick	Tuesday, 9/29	10 :00-12:00
Stadium Place	Wednesday, 9/30	2:00-4:00

More info call 410-396-4932



Stephanie Rawlings-Blake, Mayor



Dr. Leana S. Wen, Health Commissioner





## All Marylanders Should Become Educated About HIV

People are never too old to learn about HIV and AIDS. According to the CDC website, many older Americans are sexually active. It is no surprise that elderly widowed and divorced persons are dating. Older Americans must be educated about HIV/AIDS because:

- Women who no longer worry about getting pregnant may be less likely to use a condom and to practice safer sex;
- Age-related thinning and dryness of vaginal tissue may raise older women's risk for HIV infection;
- Erectile dysfunction medications may facilitate sex for older men who otherwise would not have been capable of vaginal or anal intercourse.
- In a nationwide study older MSM engaged in risky sexual behaviors
- Older Americans may be less knowledgeable about HIV, and less likely to protect themselves.

## Do Not Engage In Risk Behaviors Associated With HIV/AIDS



CDC lists the following actions as risk behaviors for HIV transmission:

- Being too intoxicated by alcohol and drugs to make wise decisions,
- Having multiple sex partners,
- Engaging in sex for drugs or money, and
- Sharing IV drug needles,
- Failure to use condoms consistently and correctly every time you have anal, vaginal or oral sex.



**Talk openly about HIV** to reduce the stigma that keeps many people from their sexual habits or drug use with their doctors. Have ongoing and open discussions with your partners about HIV testing and risk behaviors, and remember to talk to your health care providers about HIV Prevention, testing and treatment!



## Many Marylanders Are A Part Of The Movement To Stop HIV And AIDS Meet Anna Fowlkes

[Anna E. Fowlkes](#) has served as an HIV and AIDS education and prevention advocate, activist and spokesperson for the last eight years. Anna hosted the Baltimore City Health Department (BCHD)'s E-learning HIV management program, shown here [Positively!](#) (You may double click the link to go directly to the e- program). The video is a definitive guide for promoting safe and healthy living. Ms. Fowlkes produced two videos, *Senior Dating: Older, Wiser, Safer and Love Ain't Supposed to Hurt* on the topics of safer sex and physical abuse.

Anna is also one of the faces seen in the New York City's "[Age Is Not A Condom](#)" campaign created by ACRIA. You will find [her poster](#) on numerous bus stop kiosks in the cities' Burroughs reminding older adults to practice safer sex. Ms. Fowlkes is also a member of the DHMH HIV Planning Group. For more on the life of this community activist, visit: <http://annaefowlkes.com>.

### Resources

- **National HIV AIDS Aging Awareness Day:**  
<http://www.theaidsinstitute.org/programs/education/national-hiv-aids-and-aging-awareness-nhaaa>
- **HIV testing location near you:** [www.hivtest.org](http://www.hivtest.org) or, you can  
Text your local ZIP code to KNOWIT, and you will receive a text back with a testing site near you
- **CDC-INFO** 1-800-CDC-INFO (232-4636)
- **Government HIV resources** [AIDS.gov](http://AIDS.gov)
- **Help for Peoples With HIV** <http://www.hab.hrsa.gov/>
- **HIV Prevention**  
[http://www.cdc.gov/hiv/pdf/library\\_factsheet\\_HIV\\_%20AmongOlderAmericans.pdf](http://www.cdc.gov/hiv/pdf/library_factsheet_HIV_%20AmongOlderAmericans.pdf)
- **Condom use**  
<http://phpa.dhmd.maryland.gov/OIDPCS/CSTIP/SitePages/Condom-Resources.aspx>.
- **HIV and People Aged 50 and Older**  
[http://www.cdc.gov/hiv/pdf/library\\_factsheet\\_HIV\\_among\\_PersonsAged50andOlder.pdf](http://www.cdc.gov/hiv/pdf/library_factsheet_HIV_among_PersonsAged50andOlder.pdf)
- **Treatment and clinical trials** [AIDS Info](http://AIDSInfo.gov) or 1-800-448-0440
- **Mental Health**  
<http://aids.gov/hiv-aids-basics/staying-healthy-with-hiv-aids/taking-care-of-yourself/mental-health> , or <http://www.nimh.nih.gov/health/topics/hiv-aids/hiv-aids-and-mental-health.shtml>

This is an interactive special edition of the National HIV/AIDS Aging Awareness Day Fact Sheet for Maryland Department of Health and Mental Hygiene, Prevention and Health Promotion Administration, Infectious Disease Prevention and Health Services Bureau , Office of Faith-Based and Community Partnerships, 500 North Calvert Street, 5th Floor, Baltimore MD 21202, Phone: 410.767.5227, Website: <http://phpa.dhmd.maryland.gov> .